

COMMODITY DISTRIBUTION Fact Sheet

Name: Strawberries

Product Description:

Strawberries are fully ripe at the time they are picked and do not continue to ripen after picking. They should be plump, firm, well-rounded and have bright red color, natural shine and fresh looking green caps. Avoid berries that appear mushy, shriveled, or have white shoulders.

Peak Growing Season:

March through May

Uses:

Use strawberries for desserts, baking, juicing, jams and jellies.

Preparation:

Wash strawberries with a gentle spray of cool water just before serving. Try not to remove the caps before washing. Caps prevent water from breaking down the flavor and texture of strawberries. After washing, remove the green caps from the berries with a light twist or with the point of a paring knife.

Storage:

Store at 32 to 35 degrees Fahrenheit with a relative humidity of 90 to 95 percent. Refrigerate strawberries immediately after receiving. Do not wash berries or remove caps before storing.

Best if Used By:

For best flavor and appearance, berries should be used soon after receiving. Shelf life is two to three days.

Nutrition Facts:

¼ cup strawberries provide:

Calories	11	Sodium	0 mg
Fat	0 g	Calcium	5.32 g
Carbohydrate	2.67 g	Iron	0.14 mg
Dietary Fiber	0.87 g	Vitamin A	1 RE
Protein	0.23 g	Vitamin C	21.55 mg

Source of Information:

<http://www.produceoasis.com>.

Produce Marketing Association, 1989. *Fresh Produce - Reference Manual for Food Service*, PMA.

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